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Editorial: Students lack of concern worrying?



As you all know, or at least learned from the front page of Lambda, a strike between Laurentian University and the Laurentian University Faculty Association was narrowly avoided last week, when a tentative agreement was made between the two parties involved. Prior to the agreement, some questions were raised: what would happen if there was a strike? How would students be

affected? Would those in fourth year still graduate?

However, other than these questions and a few more of their kind, it almost seemed as if Laurentian University students were unconcerned about their academic situation here at LU.

In fact, many of the students I spoke with personally regarding the possible strike actually supported the strike – and these were, for the most part, students with high academic standings and hopes for furthering their education.

Why, you ask? Well, the answer may surprise you.

The many students that I spoke with who welcomed the strike were not concerned with the

faculties work loads, or salaries, which are actually much lower than many other university faculty salaries in Ontario, despite of Laurentian's claim that it is "one of Canada's fastest growing universities" (as can be heard any time anyone called the LU hotline).

Instead, Laurentian students were welcoming the idea of a strike because it would bring a break from courses, and at the very least, a break from lectures. And this, I believe, begs the question: are we so busy/stressed/tired as students that we actually welcome a faculty strike, an undoubtedly huge deal and what would have been only the third ever strike at Laurentian?

Apparently, we are. Whether it is a question of too-high workloads (which I doubt) or lack of motivation (which is much more likely), some students would rather welcome the chance to sleep in and relax, than continue to attend classes and improve our GPA's. And that, in my opinion, is a bit troubling.

Kayla Perry,
Editor-in-Chief

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Strike narrowly avoided



Kayla Perry,
Editor-in-Chief

A Laurentian University communications email sent out the morning of Sept. 29 confirmed that Laurentian University and the Laurentian University Faculty Association (LUFA) have reached a tentative agreement, and that no strike or lockout will occur at this time. Joanne Musico, of the LU Communications and Marketing department, confirmed that the tentative agreement was reached

on the morning of Sept. 29, shortly before the communications email was sent. Neither LU nor LUFA are sharing any exact details of the tentative agreement until the agreements possible ratification, which Musico said would take place as soon as possible. The tentative agreement serves as a contract for the 372 full-time faculty and librarians, as well as the 200 part-time sessional faculty members working in both Sudbury and Barrie. In a news release sent in the communications email, Laurentian University President and Vice-Chancellor Dominic Giroux states: “I am pleased that both bargaining teams reached an agreement without any disruption of the academic year. Should it be ratified, this agreement will allow the University and its fac-

ulty to continue to build Laurentian’s momentum with exciting plans for the coming years.” The announcement comes after great deals of questions were raised regarding what would happen to students, if a strike or lockout were to occur. LU and LUFA had Last week, Lambda reporter Jessica Robinson polled 50 students: out of those students, 28/50 students said they believed faculty would strike, and 34/50 people said they were worried about what would happen if faculty did strike. At the time of the tentative agreement, LUFA was in a legal strike position, which began on Sept. 25. Prior to that date, 90% of LUFA members voted in favor of strike on Sept. 2, and LUFA Secretary and Treasurer Jean-Charles Ca-

chon said that the faculty was definitely willing to strike. The faculty association had been in negotiations with Laurentian since May, and had been without contract since July 1. Cachon had said LUFA wanted only two things from administration: an adjustment to salaries and adjustments to work loads, although without any details of the contract being released it is impossible to say whether these requests were met. Although no strike will happen at this time, Laurentian students are eagerly awaiting the results of the ratification vote, which will be the only sure way of knowing that a strike will not occur.

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Prof. shortlisted for literary award



**Daniel Melchior,
For The Lambda**

Laurentian has its fair share of literary extraordinaires, yet we are always proud to congratulate anyone on their literary achievements. Natalie Morrill, a sessional instructor in Laurentian's English department, is now in the spotlight, as her "At the Top of the Wall, Alright" story is shortlisted in the Second Annual HarperCollins Canada/UBC Prize for Best New Fiction.

This prize offers current students and graduates of the University of British Columbia creative writing program, the chance to submit their unpublished manuscripts in attempts to receive a publishing deal with HarperCollins Canada. HarperCollins is one of the largest publishing companies in Canada. This year in a surprise increase of submissions, Morrill is one of three to be shortlisted for the prize.

With her are Chelsea Bolan's "In the Place of Silence" and John O'Neill's "Goth Girls of Banff", both of whom Morrill says, "are very, very talented!"

If she should win, Morrill will be represented by the Cooke Agency, a leading literary agency in Canada, and will undergo negotiations of a publishing contract with HarperCollins.

Hopefully, in a couple of years, *At the Top of the Wall, Alright*, will be hitting the shelves of bookstores across Canada.

"I finished most of (the submission) during my MFA degree at UBC - I



Photo supplied.

think I spent about 18 months on this project," says Morrill. "I'll be honest: getting shortlisted makes me feel a lot better about the number of sunny days I had to spend in front of a keyboard."

Many history students and enthusiasts, here at Laurentian, might be eager to get a hold of this story especially after they hear the premise. Morrill provided this synopsis:

"The story is about a man, Josef Tobak, a Viennese Jew, who grows up in the 1920s and 30s, and who looks after the city's neglected Jewish cemeteries. Following the Anschluss in 1938, he and his family manage to flee abroad, thanks largely to the clandestine help of a long-time friend who's joined the Nazi party.

In exile, Josef is sustained by his belief that his friend is essentially good, that his family needs him, and that he still has a responsibility towards the dead. These beliefs draw him back to Vienna after the war - a highly unusual choice, and one he may come to regret."

"On the one hand, the plot of the story is loosely based on that of the biblical Book of Tobit, which is about a man whose act of charity is burying the dead, and who goes mysteriously blind in the process," Morrill explained.

"On the other hand, I lived in Vienna as a child, very near to one of the neglected cemeteries in the book: I think that my earliest understanding of the Holocaust was bound up

with my experience of that place." As many students can tell you, the more effort you put into a project the more satisfied you will be, once completing it.

After eighteen months of working on this manuscript, it is safe to say that Laurentian's Natalie Morrill has earned her satisfaction. On Oct. 24, announcement of the HarperCollins prize winner will be eagerly anticipated.

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Environment / LU Sustainability



Anthony Crozzoli, For The Lambda

A Laurentian University alumnus has taken on a mission to make the campus a “better place.”

Kati McCarthy, Laurentian University’s Manager of Energy and Sustainability, is in charge of managing the energy consumption and billing of water, natural gas and electricity, on the campus in order to conserve.

McCarthy graduated with a masters in chemistry in 2009, and a masters in business in 2013.

The sustainability aspect of her position deals with decisions on how to be more environmentally friendly and conscious, as well as

educational outreach to students on topics such as buying local foods and using community gardens.

McCarthy said the biggest goal is not simply to do what other universities do as far as being environmentally conscious, but to enable LU to become a leader in sustainability.

“Environmental stewardship is essentially the way you live, the way you work, the way you play, the way you learn. Do you commute to work? Do you buy local food? Do you use electronic text books as opposed to paper? It goes as far as from a door to a class room and offices and everything in between. How we go day to day, on a personal and communal level rather than policies.”

There are many ways in which students can become involved with groups on campus that exist: students can join the LU Sustainable Earth club, the Residence Sustainability Committee, LU Veg Heads, the Free Store and others. Even

the simple things such as shutting off electronics or the lights in your dorm or using less water.

“The first step is the small changes to your everyday life,” said McCarthy.

Hour-long Sustainability Forums will take place once a semester, with guest speakers, in hopes of allowing students to create a dia-

logue on the key issues with energy and the environment. The first forum took place on Sept. 29.

McCarthy said that engaging in positive change is important, and stressed that students, staff, and others should become engaged in LU’s sustainability efforts.

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Kati McCarthy stands in the forest. Picture by Zara Golafshani.



Danish Abdul Alla, For The Lambda

Fallon Tanentzap, a student at Laurentian University who is currently completing her Ph.D in boreal ecology, saw a lot of environmental devastation when she lived in Indonesia at a mining camp.

At the camp, Tanentzap was deeply moved as she developed a passion for environmental restoration and to also do research in this field. Tanentzap’s passion moved her to become involved with a re-

search project alongside Laurentian University professor Dr. Ryser. Tanentzap now investigates how water transport in trees such as red maple, white birch, and red oak are influenced by metals.

During the course of the experiment, she kept a greenhouse at Holla’s Nursery which contained around a thousand trees.

Four different treatments were given to the trees and there was a control treatment which simulated normal growth conditions for the trees. Some trees were given soil with copper and nickel, some were given a drought simulation and there was also a copper, nickel and drought treatment as well.

Over a lengthy time period of two years, measurements of the weight of the pots were recorded.

All these pots which had different tree species allowed her to see the transport of water, and how trees of these different species were influenced by specific treatments.

Although Fallon said “I was happy with the results, they showed something new,” she said more aspects of it can also be investigated such as looking at xylem size to improve results. The most difficult variable during this experiment was the time requirement even though two years is a long time.

For those who do not know of Sudbury’s rich history, a lot of mining has taken place here and it really shows when you look into the environment.

As Sudbury’s economy went through boom, its environment

went through depression as the area lost a great deal of plants and trees as rocks and boulders were smudged into black due to extensive mining.

As the city tried to hinder the negative effects of all the mining, much of the area was left badly damaged. Many trees were planted, the super stack was built to spread harmful fumes to a wider area and after all these years, some effects of the mining and air pollution are still here today.

In the future, Fallon hopes to investigate her studies further and to get a job in restoration consulting or in the mining reclamation industries.

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Student develops tree study

Travel / Three reasons to backpack



Taylor Squires, For The Lambda

If I'm going to be honest, I never thought in a million years that I could successfully backpack through Europe.

I'm the type of person who showers twice a day, brings three different purses on a two-day trip to Toronto and prefers to sleep on a bed as oppose to the concrete floor of a bus station in the middle of Berlin.

The lifestyle that comes along with backpacking undoubtedly made me nervous but there was still a part of me that wanted to give it a try.

During the last two weeks of September I had the opportunity to go backpacking throughout Poland, Czech Republic, Austria, and Germany.

Not only did I have an amazing time but I also came to realize a few significant things, which in turn, has led me to draft up the top three reasons why I think you should backpack at least once in your lifetime.

Learning to live off of less.

There is no denying that a large

portion of today's society has a problem with overconsumption.

As you can probably gather from the first paragraph of this article, I am extremely guilty of this.

I struggle with constant urges to buy things that I really don't need and even after I make the purchase, I still find myself wanting more.

When I was packing for my six-month exchange, I forced seven pairs of shoes into my suitcase. Seven. And that is not including winter boots.

While backpacking, I had to learn to live off of less.

I brought the absolute bare minimum because I knew that the more I packed, the more weight I had to carry on my back for fourteen days. At first, I was not impressed. I had no clue how I was ever going to pull it off but I can tell you now that wearing the same sweatshirt for three days in a row is extremely liberating and you should definitely give it a try.

Collecting moments not things.

During the second week of the trip, we spent three days at Oktoberfest, which is held in Munich, Germany.



Instead of staying at a hotel or in a hostel, we decided that it would be cheaper and more fun to stay at a nearby campsite despite the fact that we had absolutely no camping gear other than two small tents. We were going to buy sleeping bags but at 75 euros each, we decided to use our fleece blankets instead (you know, the really light ones that are sometimes given out on an airplane).

Needless to say, we froze.

At the time, I can't say that I was the happiest camper but looking back on it now, we made so many memories.

Had we opted for the hostel or the sleeping bags, we wouldn't have

nearly as many jokes as we do now and if I had to do it all over, I would freeze time and time again.

Getting out of your comfort zone.

There are so many cheesy quotes on the Internet that talk about getting out of your comfort zone and believe it or not, they're right. Backpacking allows you to do things that you might have never tried otherwise.

For example, I never thought that I could actually go inside of a public shower let alone actually shower in it but here I am, still alive and breathing.

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ENT / Zumba: judgement-free fun



Zumba class in West Residence. Photo by Zará Golafshani.

Jessica Robinson, For The Lambda

It's just after 9 o'clock on Thursday night when what sounds like the party of the year takes off in room 130 of West Residence on Laurentian University campus. The

black lights are flashing, the music is blaring, and a group of 50-odd Laurentian students are dancing their hearts out. Every once in a while, people passing by in the hall hear the crowd cheer, "Zumba!" But what is zumba, if not a dance party?

"Zumba is a fitness program with Latin-inspired music," said Carla Cox, licensed zumba instructor and owner of ZSudbury.

"It's exercise in disguise, it's a fun place for people to meet each other, it's an awesome way to lose weight; it's just an all-around feel good program."

"I think it's popular because it's fun," comments Cox. "It's not your run-of-the-mill type of exercise program where you have to do this or that; anything goes. You don't have to be a good dancer, you don't have to be an expert at anything. Just come out and have fun." Zumba has proved to be a largely successful program at Laurentian University. Caleb, a second year student at LU who has been attending the classes for a year

now, says that he enjoys zumba because it's "nonjudgmental exercise."

"The gym is boring," he laughs. "I come here because it's fun, and no one cares if you can't dance."

Zumba is run as a drop-in class from 9:00 p.m. to 10:00 p.m. every Tuesday and Thursday in West Residence, and is covered by the student activity fee, making it free to attend for all Laurentian students.

Cox is enthusiastic about the success of the zumba program at Laurentian. "As you can see from the large [turnout]," she notes, "everyone loves zumba."

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Foxcatcher film hits home for coach



Gabriel Rodrigues, Assistant Editor

As Cinefest Sudbury wrapped up its 26th edition on Sept. 21, the International Film Festival concluded with one last presentation called the Foxcatcher, and for Laurentian's varsity wrestling coach, the story really "hits home" within his life on the mat.

"This was a huge loss for the wrestling community," said Andy Lalonde. "This sport has always been known to be tough and this movie exemplifies that. It is a constant grind and takes a special individual to compete physically and mentally."

The Foxcatcher, directed by Ben-

nett Miller, starring some familiar faces within cinema like Channing Tatum, Steve Carell and Mark Ruffalo, is based on a true story depicting the life of 1984 Olympic gold medalists in wrestling, brothers Mark (Tatum) and Dave (Ruffalo) Schultz. The story begins with Mark being invited by multimillionaire John du Pont (Carell) to move to his estate in Pennsylvania to help form a wrestling team known as Foxcatcher, to train for the 1988 Seoul Olympics.

Mark accepts du Pont's offer to focus on his training and hopes to finally step out of his brother's shadow, although eventually du Pont lures Mark into an unhealthy lifestyle that threatens his training. Although Mark eventually qualifies for the 1988 Olympics, with the help of his brother, Dave, coaching by his side, he doesn't end up placing at the Games.

After that, Dave decides officially to start coaching for du Pont's team Foxcatcher in 1990. As Mark and Dave begin to train together

again, du Pont becomes paranoid and alienated from the brothers, which eventually led to Mark's departure.

Although Mark left the team, Dave stayed with his family and continued to coach for du Pont. This would eventually lead to du Pont shooting and murdering Dave Schultz on January 26, 1996.

Lalonde, who was competing at the time, said this incident was "shocking" to say the least.

"A month prior to Dave's death, I met him for the first time at a tournament in Michigan," Lalonde said. "He was a humble guy and someone I looked up to when I competed." Dave, according to Lalonde, was known to be one the most "beloved" wrestlers in the sport.

Although Schultz's record exemplifies his competitive nature, with many gold medals under his name, which include the World championships, Pan American Games, World Cup and of course, the 1984 Olympic Games, his persona off the mat is what he is known for,

said Lalonde.

"He was an ambassador of the sport, especially in North America," Lalonde said. "He was a classy guy who was simply cool, calm and collected. In the 1980s, the U.S didn't compete in Russia or Iran in 20 years, but Dave Schultz would go down himself, and they loved him for it. He would be applauded for being the class act that he was."

The Foxcatcher officially opens to Canadian theatres on Nov. 28, and Lalonde said the film represents wrestling well: he hopes that even with its tragic ending, the film will attract some future athletes to the sport.

"Wrestling has always been known to be tough," he said. "Having a movie like this helps but I'll talk to some of the best MMA fighters, and they will tell me, they don't like to go to wrestling practice because it sucks to put your body through it. It is a sport that people don't do because it is not easy."

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Fashion Focus



**Daniel Melchior,
For The Lambda**

TRENDS - FRIEND OR FOE?

I am allowing myself one rant per year, this will be it. Many of the students I interview here in the Fashion Focus column say that the biggest tips for those who have style aspirations are to feel confident and be unique – I agree completely. However, it is extremely easy to fall into trends, whether popular

or not. Let’s take a step back – if you don’t know what a trend is, where have you been living? Regardless, I’ll bring you up to speed: trends come and go like the wind, a fashionable bandwagon of sorts, they are neither all good nor bad. Although some can come and go quickly, other have stayed with us for a while, like scarves, riding boots, or even floppy beanie hats; these are your friends! However, there are some that you should just avoid; the UGG boot, peasant skirts, or choker necklaces. The swirling vortex of shame, also known as the “Logo Trend,” is the one trend that should be snuffed out of existence – you see those sweatshirts or t-shirts emblazoned with the bold “Ab-

ercrombie & Fitch” or “Aeropostale” logo, symbolizing the uniform of a commercial state, worn by mindless dollar spending “sheep” – lets snap out of it, individualize, express yourself, show your true colours! Let’s start a revolution! Down with the logo, bring on the pattern, the layering, the style!

Name: Ann
Year: 1st
Program: EAP
What are you wearing? Black asymmetrical jacket, gold and white dress shirt, watch, black skinny jeans, army boots.
What is a must have item that everyone needs in their wardrobe? A good, reliable dress shirt.
Any style tips? Make sure you dress for the season!
Do you have a style mentor/icon?

Justin Bieber.
Name: Emma Tomini
Year: 2nd
Program: Mechanical Engineering
What are you wearing? American apparel jeans and tank top, vintage boys scout shirt, necklace from Etsy, boots from Spring
What is a must have item that everyone needs in their wardrobe? Underwear!
Any style tips? Wear what you want when you want.
Do you have a style mentor/icon? I would wear any of Sky Ferreira’s Saint Laurent-esq girly grunge looks. Also ASAP Rocky and Tavi Gevinson know what’s up.
Fashion Call Out: My boy Matty P! (Matthew Parrotta)
dmelchior@laurentian.



Above (from left): Ann, Emma Tomini. Photos by Daniel Melchior.

One reporter’s review of



**Kayla Perry,
Editor-in-Chief**

At long last, we are here! This is the final review of the Great Hall cafeteria, for the only course I had not yet tried: breakfast. Hopefully this comes as a timely post, as I’ve seen more than a few questions on the UMen-tioned website about the Great Hall’s break-fast service, and what is available. Well, here is everything you’ll need to know. To begin with, breakfast at the Great Hall opens at 7:00 a.m. and entry costs \$9.30. Upon entering the cafeteria, the lovely lady working the cash informed me (for the first time) that you’re actually allowed to take a piece of fruit (think, the apples and bananas laying around the cafeteria) or an ice-cream cone out of the dining hall. When I went to the cafeteria at 8:30 a.m. on Oct. 3, only the second grill upon entering the cafeteria and the grill closest to the self-serve

drink area were open and operating. The pasta and pizza grills were closed, as was the grill station across from the pasta station, and the first grill upon entering the cafeteria. Although soup was not yet available, self-serve porridge was being served. This was also the first time that I’d noticed the menu on a board outside the great hall. Although the TV menu displays inside the hall were not operating due to “technical difficulties,” Jean-Louis Guyot, Director of Food Services for Aramark at Laurentian University, said the menu will now be available online, through both LUnet and Campus Dish, and will now always be posted on the menu outside the great hall.

Round one:
Round one consisted of a half-bagel breakfast sandwich on a bagel, made of an egg with two slices of cheddar cheese. This was served with a mini-hash brown (I’m sure anyone who has been to the hall has noticed the ultra-miniature portion sizes that accompany the ‘all-you-can-eat’ dining style).

Round two:
Round two was a miniature chocolate chip pancake with a miniature sausage, although I’m not sure what type of meat the sausage was actually made of, given that the TV menu was not working at the time.

Round three:
A delicious round three consisted of a Western style omelet made to order, with ingredients of



the Great Hall cafeteria

ham, green pepper, and cheddar cheese.

Round four:

The final round was self-serve scrambled eggs paired, which I paired with the only other non-dessert warm food available at that time: self-serve porridge, topped with cinnamon and brown sugar.

During my time in the Great Hall I also ate a piece of coffee cake: interestingly enough, when I asked if desserts are made in house, a staff member informed me that the desserts either arrive frozen, or are made from a pre-made batter.

When I asked Guyot later if this was true, the director said that “not all” desserts come frozen, and “quite a few of them” are made in-house: whether the dessert is baked from a pre-made batter “depends on the menu item – some of them are, some of them aren’t.”

And that, finally, brings us to the end of my Great Hall experience. Personally, as a student living off-campus and without a meal plan, I will not be going back - paying full price for only certain stations seems a bit far-fetched to be practical.

However, please don't rely merely on my experience, to form your opinions, whether good or bad, of the Great Hall and the new cafeteria it offers.

And, if you happen to have an opinion you'd like to express, email us at lambda@laurentian.ca to let us know what you think!



Sports / Women's hockey to begin



**Gabriel Rodrigues,
Assistant Editor**

After nearly making the playoffs last year, Laurentian's women's hockey coach is looking for her teams' "poise and maturity" to guide them through the 2014-15 OUA season.

"We brought in some key players that are going to help us moving forward," said Stacey Colarossi. "Experience is definitely a huge part in this league, so if some of these new players can learn from our returning players than we will

be in good shape."

Last year, the Voyageurs finished their inaugural season with nine wins out of 24 games, which left Laurentian just two points shy of the last playoff spot.

Statistically, Laurentian had trouble keeping the puck out of their net, as the Voyageurs allowed 80 goals while only scoring 49 throughout the year.

However, Colarossi is not fazed, as the second-year coach believes her team will learn its lessons from last season.

"We ended on a good note," she said. "It was a new experience for all of our players, but we need to move forward and get better than we were last year."

Individually, Laurentian had some success, as goaltender Laura Deller averaged a 2.85 goals against average and made a total of 500 saves, good enough for fourth in the league. Also, Deller was sev-

enth amongst goalies in save percentage with a .921.

Laurentian forward, Amanda Pereira, tallied 16 points, four goals and 12 assists, in 22 games to lead the Voyageurs offensively. Just behind Pereira was forward Samantha Morell who led the Voyageurs in goals with 11, adding four assists along the way.

Although Laurentian captain Julie Hebert jumped around from forward to defense throughout the season, she managed to score 14 points, six goals and eight assists, to guide the Voyageurs.

Despite gaining experience from last year, Colarossi said things do not change within the team, as she expects her players to compete with character, and "work hard day in and day out."

"It's a culture we've established pretty well," she said. "We understand that everyone is entitled to having a bad day, but it is about try-

ing to stay positive. We just need to make sure we are supportive and there's a teammate there to give you a tap on the pads."

With the new additions to the Voyageurs' lineup, Colarossi is hopeful her team is good enough to make the playoffs this season.

"That is always the plan," she said. "We have better players in regards to individual skill, but if we can get some of them fundamentals in understanding the game by keeping it simple that will help us. For now, we need to stay consistent and get better with every game."

To catch the Voyageurs live, Laurentian's home opening game is on Saturday, Oct. 25 when they host the Windsor Lancers at 3:45 p.m. at the Gerry McCrory Countryside Sports Complex.

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Picture taken during the team's practice on Sept. 2. Photo by Gabriel Rodrigues.

Duncanson hopes for strong season



Pictures taken during a Voyageurs practice on Sept. 30. Photos by Gabriel Rodrigues.



**By Gabriel Rodrigues,
Assistant Editor**

With the start of the 2014-15 OUA hockey season, Laurentian's men's coach is hoping his team has gained "valuable experience" from their campaign last year. "We were a little bit immature," said Craig Duncanson. "Hopefully, we have learned what it takes to win in this league because it will be extremely competitive to stay in the lineup. We need to perform to our abilities to beat the best teams, and that starts with high intensity within games, but espe-

cially, in practice."

Last year, the Voyageurs managed only five wins out of 28 games, and finished the season on an 11 game losing streak.

Statistically, Laurentian didn't fair out well either, as the Voyageurs scored a total of 70 goals averaging 2.50 goals per game throughout the season, which was good enough for 13th in the league.

Also, defensively the Voyageurs struggled to keep the puck out of their net, averaging 4.86 goals per game and allowing 136 goals against, leaving Laurentian in 16th just in front of RMC.

However, this season, Duncanson said his team has improved and "are far deeper."

"We have more numbers and better players," said Duncanson. "We have an influx of talent at the top of the lineup with some of our red shirts from last year. We'd like to try to leap over a few teams in our division and compete to be in a playoff position."

Of the Voyageurs' returning players, forwards Marc-Alain Begin and Nick Esposto, who both tallied

21 points to lead Laurentian, will be offensively relied on to provide a spark to the lineup.

Goaltenders, Alain Valiquette, who averaged a 3.97 goals against and a .900 save percentage in 17 games, and Charlie Millen, who averaged 5.17 goals against in 13 games, will both be key contributors in protecting the Voyageurs' net this season.

As for defense, Vincent Llorca, who scored six goals and six assists to lead all defenseman on Laurentian, will be counted on to guide the Voyageurs' defensive core.

Duncanson believes his team has what it takes to compete with some of the best teams in the OUA East division, but said, it will depend on how hard his players want to work.

"Last year, we were in a lot of games that we ended up losing by one or two goals," he said. "We didn't have enough poise to close it out. Yes, we understand they have a condensed schedule with school and hockey, but they are varsity athletes and it is not easy. Hopefully the guys play within themselves and find a way to be successful."

Llorca, second-year captain for the Voyageurs, said the idea for this season is to improve with every game and try to get a playoff spot.

"We learned a lot from last year," he said. "In this league, the guys are bigger, faster and stronger, so every game counts and we want to win every one. It will be up to us to battle and work hard for every puck because we don't want to have a five win season like last year."

To catch some live hockey, the Voyageurs' next home game will be on Saturday, Oct. 25 at 7:30 p.m. when they host McGill University at the Gerry McCrory Country-side Sports Complex.

grodrigues@laurentian.ca

Men's soccer team wins Gallo Cup, stand fifth in Eastern Conference



**Anthony Crozzoli and Jessica Robinson,
For The Lambda**

As the Voyageur men's soccer team approaches the middle of the season, the Voyageurs stand fifth in the Eastern Conference, above UOIT and Trent, with eight points.

The debut game was no walk in the park with a 5-2 loss to The Toronto Varsity Blues, at the Varsity Centre. Highlights of the game included the two goals scored late in the second half by Omar Allison and Dean Pizolinas, both unassisted.

Attempting to bounce back from the loss in the second game against Ryerson, the Voyageur's struggled to a 1-0 loss to the Rams. In their third game, the Voyageurs had a touch more success in a 2-1 loss to the Queen's Golden Gaels, with the second goal of the season for Omar Allison.

The streak continued against RMC (The Royal Military College) Paladins with a 1-0 loss.

However, in their game against Nipissing the Voyageurs walked away with a 1-1 draw with the lone goal scored by Team Captain Cameron Brooks, who was unassisted.

Returning home to play Carleton, Laurentian also squeezed out another draw with a 1-1 final, and Omar Allison's third goal of the season.

After the long stretch without a win the Voyageurs would finally notch

their first victory of the campaign while at home against the UOIT Ridgebacks with a 2-1 victory, leaving Cameron Brooks with his second goal of the season and Liam Ezzard with his first.

Head Coach Carlo Castrechino said, "after the start [the team] had we made a few tactical changes," and continued to say it is a long season and not too late to turn things around.

Laurentian would continue the winning ways that weekend against Trent with a single goal by Matthew Wilkes in a 1-0 match up.

The Voyageur's hit a speed bump with a 2-1 loss to the Carleton Ravens, with Laurentian's only goal scored by Dean Pizolinas.

On Oct. 1, the Voyageurs succeeded in a 1-0 win against Nipissing, an iconic game for LU.

The Laurentian Men's soccer team's won in their game against the Nipissing Lakers on October 1 was a milestone for the team in more ways than one, as the teams competed for both a jump into a playoff position and the Gallo Cup this past week.

The Riley Gallo Memorial Cup was organized in 2008 in memory of Coach Gallo's son, who passed away from a brain tumor in 2002. Both the men's and women's soccer teams compete in an in-season competition against the Nipissing Lakers for the cup, tallying their points from each time they face each other during the regular season.

"The women didn't play Nipissing this year, so it was just up to us," said Coach Castrechino, Head Coach of the men's Voyageurs team.

The game started off a little slowly for the Voyageurs, but by the first 10 minutes our offense was putting pressure on the Lakers, managing to cross the ball from the

wings, causing multiple scuffles in front of Nipissing's net that did not materialize.

Shots fired over and just outside the Lakers net throughout the half, but the Voyageurs couldn't quite capitalize on their chances, leaving the score tied at 0-0 at half time.

The game grew more intense as it progressed into the second half, with players drawing yellow cards on both sides. Though the Lakers picked up the pace in the second half, with only eighteen minutes left in the game, Dean Pizolinas tore up the right side of the field, dribbling around multiple Nipissing players before drawing a throw-in for the Voyageurs. Forward Ason Harry nailed the ball into the top left corner, making the score 1-0 for Laurentian.

Neither team could find the net for

the remainder of the game, leaving Laurentian with the win and the Gallo Cup.

Coach Castrechino was "thrilled." "The game was very significant for us, because Zach Gallo is on the team, and the trophy is named after his brother, Riley Gallo, so it was important for us to get this win for him, if anything," he said.

Castrechino commented that it meant a lot to the team to win the cup back after losing it for the first time since the tournament's inception last year. "To have Zach hold the trophy up: the team loved it, it was nice to see."

"We also needed the points in the standings," Castrechino continues. "We want to get on a roll towards playoffs, go in on a high and play our best soccer."

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Photo by Gabriel Rodrigues.

Women's soccer sixth in league



Jessica Robinson, For The Lambda

As the Laurentian Women's soccer team enters the second half of the regular season, fans and team affiliates alike are watching closely to see if the team can stay in sixth place, securing themselves a spot

in the playoffs.

The season so far has not been without its ups and downs.

"The schedule's been quite difficult on us," admits Coach Rob Gallo. "After three games of playing against the top teams, we might get a team that's more in our world. It's hard to build confidence when you're going hard against teams that are really good right now, and more veteran, but you can only get more developed and stronger playing against the top teams."

With nine players new to the team this year, the voyageurs are still "a learning team," according to first year player Sam Selkirk.

"We're a young team," she explains, "We have a lot of first and second years, a lot of rookies, but it's coming together. We're growing and developing."

The team's development is definitely showing in their games. Having lost to Carlton 2-0 in their first match up earlier in the season, the Voyageurs "brought the game to Carlton" on Sept. 28, said Coach Gallo, ending the game with a tied score of 2-2.

"We've been playing bits and pieces of games where we've been solid, and then we'd break down in certain parts," acknowledges Gallo, "but I thought that on Sunday we played our first overall complete game. We've got lots of work still ahead of us, but it was 90 minutes of soccer."

As the end of the regular season draws closer, the team is focused on holding onto their spot in the playoffs. The top six teams from each division (East and West, respectively) qualify for playoffs.

"We're sitting in sixth right now, which is in playoff position," Selkirk explains. "We're looking to improve that in our finishing games. The hope is to move up the ladder." Gallo echoes the sentiment. "Of course we'd like to be in a better position instead of just holding on to a playoff spot," he says. "We'd like to be in a comfortable position, but you can't have it all. We have to win our games and not worry about other people. We don't want to have to depend on anybody to get us there. We're always optimistic, we're always believing that we'll have a chance to [qualify for playoffs]," Gallo reaffirms. "I'm looking forward to seeing how the next six games go."

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Cross Country team ready for OUA's

Jessica Robinson, For The Lambda

Garnering attention province-wide as they outperform themselves in race after race, the Laurentian women's Cross Country team is quickly growing into the top Voyageur team to follow this season. The team topped their fourth place overall finish at the Western International Cross-Country Running Race on Sept. 20 by coming in an incredible third place at the Harry Anderson Invitational in Rochester a week later, continuing to build momentum as provincials draw nearer.

"We're hoping to come top 10 in the country this year, which means we need to come top six in the OUA's (the provincial competition) to qualify for nationals," says Coach Dick Moss, who has been working with the Laurentian XC/Track team for over 14 years. "We were really close last year to pulling off

a top 10 finish at CIS' (the national competition)... but the wheels kind of fell off at the end of the season with some health issues."

The cross-country team fell just short of qualifying for nationals last year when they finished in seventh place at provincials. The team has learned from last year, taking preemptive measures to keep the girls in top shape during competition season.

"We now have a team doctor who's working hand in hand with the (runners)," explains Moss. "(They're) monitoring iron levels, that sort of thing, and I think that's making a huge difference for us."

The success the team is having this year has not come suddenly.

"[This team] has been about four years in the making," he explained. "Generally speaking, it takes at least two years of varsity training and running before an athlete starts to really hit their stride; so we've been working with a lot of this crew for two-to-three years.

We've got some rookies that have jumped in a little faster than normally happens, but our vets have been at this for quite a while."

The team is not relying on any single superstar to carry the scores, instead finding themselves with talent ability widespread across the board.

"I think, all put together, we have seven or eight girls right now who on any single day could be one of our top five," Moss comments.

"We've got some depth that we've never had before, and the level of individual performance has really increased."

Practice is being held in preparation for the OUA's, which are taking place on Oct. 25th.

The team is confident in their ability to outdo the team's scores from the previous year, reaffirms Moss. "On the 25th," he says, "we'll be ready."

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Laurentian cross-country runners at the Ramsey Tour 2014. Photo supplied.

Golf team “making a push” for victory



**Gabriel Rodrigues,
Assistant Editor**

As the Laurentian men's golf team begins the 2014 season, their coach is certain his squad has enough talent and experience to place high within the OUA Championships.

“We are making a push this year,” said Chad Brousseau. “Six of our nine guys have all played in tournaments, if not championships at this level in the OUA, so we definitely can be competitive.”

Last year, the Voyageurs finished the team event tenth out of 18 schools at the OUA Championships. However, as individual golfers, Laurentian had two athletes, Chase Weitowich and Jordan Couture, finishing within the top 30.

Brousseau, who is in his fourth-year as coach, said those results are surprising considering his squad didn't get enough tournament practice leading up to the Championships, as the Voyageurs only competed in one invitational prior to the OUAs.

This year, Brousseau said his team will be competing in four events before the OUA Championships, which include the Western Mustangs Invitational, University of Waterloo and Wilfred Laurier University Invitational, and Guelph Gryphons Invitational.

“It is difficult for us, since we are so far north,” said Brousseau. “All the other schools are in the Greater Toronto Area, so it's much easier for them to simply pack up and head to the golf course. We need



Chase Weitowich competing at the Western Mustangs Invitational. Photo provided by Chad Brousseau.

to book hotels and try to accommodate rides, but I'm hoping this format will help the guys.”

With nine players being named to the Laurentian men's golf team, Brousseau realizes he has to make some decisions leading up to the Championships, as there is only five competitors permitted for each team.

“We have some guys that are very solid and they've played well in the past,” he said. “The way OUA golf works is there is a team of five players and after each day, the top four scores are taken to get the overall score.”

Although the team score is important for Brousseau, it doesn't mean his players cannot do well individually.

“Because it is golf, you can go in as an individual and win the whole tournament,” he said. “At the end

of the day, it is your score that matters.”

Brousseau said of the returning players for the Voyageurs, Weitowich will be one competitor to look out for because not only did he finish within the top ten of the OUA Championships last year, but was also named a second-team all-star.

Although expectations aren't too high for Weitowich, as his school schedule has left him with little time to practice, the third-year Laurentian golfer will do his best to perform for his team and himself.

Weitowich said golf is a mental game, and the idea before each competition is to keep calm and “try not to let your nerves get the best of you.”

“I feel pretty nervous on the first hole of every tournament,” said Weitowich. “But, once you get your

round going, it is just like any other day on the golf course. Finishing top 10 at OUAs last year was good for me because the conditions were tough, so I proved to myself that I can grind it out if I need to and post a decent number.”

The OUA Championships will be hosted by OUIT from Oct. 20 to 21 at the Oshawa Golf and Curling Club.

For golf tournament results, visit the Golf Association of Ontario at www.gao.ca.

grodrigues@laurentian.ca

Horoscopes



Aries. October could be the moment for you to shine at school. High energy, coupled with your innate ability to get things done NOW make the next few weeks prime time to show off your stuff. That person whose attention you've been after? They're watching, Aries, they're watching. The sun is also shining on the seventh house- your personal life, Aries. Make love, not war, is what the stars are saying. !

Taurus. this is your planning stage. School work, assignments, scheduling, even friendships will be best administered by the "efficient" side of your Taurus personality. Don't be afraid to juggle your life by the calendar and be Spock for a little while. What you plan now, will be your best investment in the coming new year. And don't be too critical of yourself, the sun in your sixth house bodes well for creative endeavours.

Gemini. ah, Gemini. The sun floats through your fifth house and blesses you with an abundance of creativity, energy and romance. If there was a time to enjoy the arts, now is when you will reap the most benefit. The world will be singing for you, if you choose to listen. The news is doubly good, by little Gemini friend, because others are seeing you for what you are- beautiful, charming, charismatic and creative. Just ease up on the, ahem, intoxicants if you can. Don't let your Hyde-side emerge.

Cancer. Retreat! Retreat! Back into your shell, crab! If you have a cozy place, by all means replenish your energies there. What may seem like antisocial behaviour to others is actually a way for you to persevere through the next few wintry months, when Cancers typically see their energies drained. Others won't understand, but that's okay. You've always been adept at sensing other people's energies, and at least you'll be able to explain most of it away. But save it for some other day!!

Leo. Well, Leo, since you're too



busy to be reading this, I'll keep it short. The sun says good things about you for the next few weeks. But you knew that, already. That feeling of good luck you've been experiencing lately? It's the real deal, Leo. Take pride in how quickly you can bring others on side. If you're planning a team event or party, be confident that your own personal energy will be the difference-maker. Now, get to it!

Virgo. The Princess. The sun comes shining hard through the second house. Do you know what that means? Money. Wealth. Luxury. Romance. Lust. Adventure. This is your time of excess and feeling especially fortunate in your things. But don't get too clingy on the things, Virgo. Many a virgin seeking adventure have been wrought upon the rough rocks of calamity and doom. Tuck away the credit card for emergencies, Virgo, please. !!

Libra. Two things thrive for you this month, Libra. Love and curiosity. This is the time when your



attachment to facts, figures, and data seems especially appealing to others. Don't be afraid to explore the romance that is (literally!) just around the corner. Likewise, that little voice in your head that encourages you to learn more, to read more, to dive deeper this month? Heed it, for this is the voice which heralds the Great Adventure!



Scorpio. Light on your solar twelfth house. Typically the time for introspection. Scorpio, you are one of the signs who knows how to reap the benefit from a little time reflecting about your life, the past, and your direction. Don't commit to anything now, whether in love, lust, or vocation. The answers will present themselves in the coming months, but only if you take this time to hear the still, quiet voice in the solitude!

Sagittarius. That new friendship or new network you've just taken up with? Yes, yes, yes. Don't doubt it. The connections today will pay enormous dividends in the months ahead. Consider this a time to plant seeds, whether ro-

mantic, with a potential academic advisor, or employer. The sun is in your eleventh house, so plant wisely!!!

Capricorn. You're a stubborn fool and nobody likes you. Did that get your attention? Good. Approach authority figures with a healthy amount of deference for the next few weeks. Those horns on your head? Don't make them your most prominent feature. Just chill, goat-friend!!!

Aquarius. The sun is in your ninth house, which means it is the perfect time to explore your philosophical side. Are you a humanities student? Perfect timing. The ideas that abound during this time will enrich and enlighten you. Don't be afraid to tackle that mid-seventeenth century treatise on dualism. Your mind, Aquarius, is flowing at its most ample time. Science major? Push the numbers aside and get to the heart of the matter!

Pisces. Others may observe and comment on your inherent self-reflection and sensitivity during the next month. Don't let that bother you. You're just being Pisces, but with the sun in your eighth house, others are seeing it in the clear. Of course, this makes you quite a catch. (Excuse the fishing pun.) Explore romance in its deepest form, once you get past the messy physical side. For the next couple weeks, sunken treasures often lie deep!



Advice from Jenny Jenkins



Dear Advice Answerer,

Can you recommend a part-time job for students at LU? I've got OSAP but I'd like to have a little more cash in the pocket.

Shawn

Hi Shawn,
Of course you'd like a little more money. The iPhone 6 is out and you need to start saving for iPhone 7. There are a lot of great jobs available for students but you said you have OSAP, so you don't want to jeopardize that little cash cow. That means you can't take on a job that would put you in a tax

bracket that disqualifies you from receiving OSAP. That eliminates jobs like neurosurgeon, member of One Direction and "child of middle class parents".
What options does that leave you with? Still a lot of options. So narrow it down further by listing your likes and dislikes. Do you like long lines? How about you enter the exciting field of "long line creation" by being a Tim Horton or Subway worker?
No matter what job you get, remember, don't get a job that prevents you from doing your best at school. No sense sacrificing a high paid job of the future for a minimum wage job today.

Dear Advice Answerer,
I've just entered my fourth year sociology. My parents are saying I should apply for my Masters, but I'm thinking Law School. What do you think?

Gwen

Oh Gwen,
Your parents are still talking to you? What I wouldn't give to hear my mother's voice just one more time. You know, I can't even tell you why we stopped talking. It was over some silly little thing like me forgetting a birthday or making fun of how she dresses up her dog or me deriding her religious beliefs as superstitious nonsense that only an insane person would think were true. Who can remember? I just wish I could take it back and start over again. No matter what you decide, treat your parents with respect and understand that while their advice can seem interfering and overbearing at times, it is given in love.
Also, choose law school. Only an insane person would think a Masters is better than law school.

Dear Advice Answerer,
Why are Varsity Athletes treated like gods around here?

Jonah

Gosh Jonah,
They are treated like gods? That is weird. Because the last time I checked the Bible, a god could get further into the playoffs than our teams do. The truth is, they are NOT gods and we need to stop making so many animal sacrifices to them and starting holy wars in their names. I'm even partly against offering them our virgin daughters to work as priestesses in their temples.
They aren't gods, they are students who love sports and have dedicated many unpaid hours practicing and participating in sports. So instead of treating them like gods just go out and support them with some pots and spoons at the next home game. Cheering isn't the same as worshiping (unless you say "amen" after every cheer).

Editor's Note: This is a satirical advice column, and is not meant to insult anyone. Questions are answered by an anonymous university professor, who we're calling Jenny Jenkins. Have a question you'd like answered? Email us at lambda@laurentian.ca and we'll post your question and it's answer in the next issue. Enjoy!

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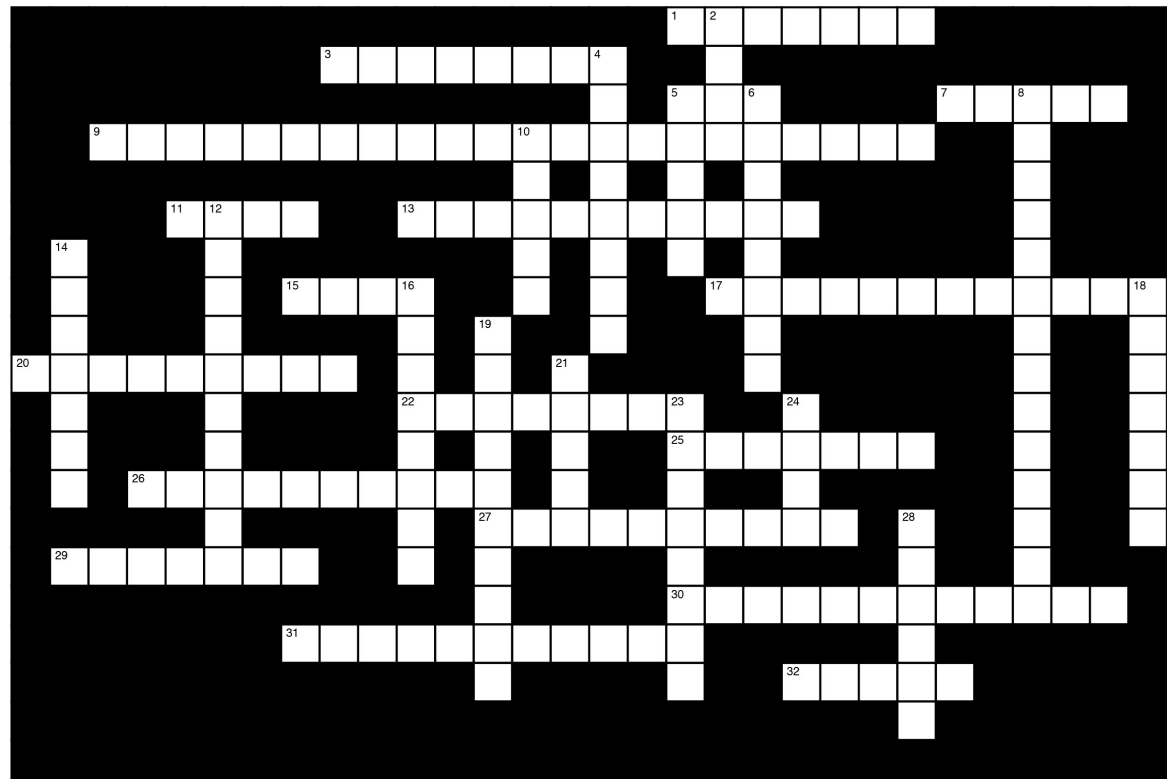
Tuesday, October 21st, 2014, 11 am – 1 pm
Room 736, R.D Parker Building, Laurentian University

Wednesday, December 3rd, 2014, 11 am – 1 pm
Room 736, R.D Parker Building, Laurentian University

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News and Things



- Across**

 - 1. “Great Wave off Kanagawa” artist
 - 3. Japanese mathematician
 - 5. This room is named after a big yellow dog
 - 7. Who the hell is she?
 - 9. Current cult show at STC
 - 11. Residence Life Manager
 - 13. U of S Food Guys
 - 15. Radical Labour Organization, to admin
 - 17. Thornloe film prof’s Cinefest series
 - 20. Get free stuff here
 - 22. Cool Shakespeare Prof
 - 25. Another cool U of S Indigenous Studies Guy
 - 26. Anishnaabe Elder Dr. Edna
 - 27. Sg in the Fraser
 - 29. Superstar Poli-Sci Prof
 - 30. Labour negotiations settled by this
 - 31. U of S Indigenous Studies
- Down**

 - 2. Popular Voyager soccer player
 - 4. The Italian Connection
 - 5. Laurentian’s poli-sci wonks
 - 6. New Coffee Club opened here
 - 8. Downtown watering hole
 - 10. In olden days, being dyed purple made you this
 - 12. Air your anonymous gripes on this page
 - 14. Free trade coffee served here
 - 16. Mothers, don’t let your babies grow up to be these
 - 18. Prez airs his views on this platform
 - 19. Prominent First Nations artist
 - 21. Journalistiques’ Osee
 - 23. Ass-kickin’ SGA VP
 - 24. LU’s radio station
 - 28. Paint the engineers this

ADVENTURES IN CANADIAN HISTORY

THE FATHERS OF CONFEDERATION

IN A TIME WHEN WE WERE NOT UNITED FROM SEA TO SEA...

Arctic Islands (United Kingdom)
North-Western Territory (United Kingdom)
British Columbia (United Kingdom)
Rupert's Land (United Kingdom)
United States
Quebec
New Brunswick
Nova Scotia
Prince Edward Island
Newfoundland (United Kingdom)
Labrador (responsibility of Newfoundland)

We can no longer weather these ongoing attacks.

Something MUST be done to make our nation stronger!

SPRING, 1864

We must have cohesive taxation for our provinces.

If we unite the colonies, we can overcome free trade.

We must expand our railways and secure our own resources.

Only then can we hope to unite this nation.

GENTLEMEN!!!

It appears the time has come...

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